

Jello with Fruit¹⁰

Number of Servings: 10 (174.34 g per serving)

Amount	Measure	Ingredient
1/2	oz	Gelatin, orange, sug free, low cal, dry mix, svg
1 1/8	cup	Water, municipal
4 3/4	cup	Peaches, yellow cling, slices, w/light syrup, cnd
1 1/8	cup	Water, municipal

Nutrients per serving

Nutrition Facts			
Serving Size (174g)			
Servings Per Container			
Amount Per Serving			
Calories 80		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 55mg		2%	
Total Carbohydrate 19g		6%	
Dietary Fiber 1g		4%	
Sugars 18g			
Protein 2g			
Vitamin A 2%		Vitamin C 80%	
Calcium 0%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Dissolve sugar free gelatin in the first measure of water listed above; the the second volume of liquid can be either water or the light juice drained from the canned fruit or a combination of water & juice.

Bring the first measure of water to a boil, add the sugar free gelatin and stir until dissolved.

Add the drained canned fruit and the 2nd measure of liquid (cool or room temperature).

Refrigerate overnight to set. Cut into 3/4 cup servings to = 1/2 cup fruit and 1/4 cup gelatin. Serve below 41 degrees F

Any kind of light canned fruit can be used if a specific fruit is not noted on the menu.